



2021 HEALTH & SAFETY GUIDELINES

SEASON 1 SPORTS

Pre-Practice & Contest Screenings

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Hygiene Practices

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

Facilities & Equipment

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Limit Areas for Public Gatherings

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf for more information.



2020 CIFSDS Badminton Modifications

MODERATE

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of any additional local guidelines for participation.

PREGAME & WARMUPS

PREGAME

- Facilities for teams should be properly cleaned and sanitized prior to arrival.
- Before, during, and after the contest, players, coaches, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- During warmups the home team will take the courts first, followed by the visitors so that players can stay socially distanced and have space.

RULE MODIFICATIONS

PREMATCH CONFERENCE

- Rosters should be submitted online prior to the match.
- Team introductions should only be Varsity players and not shoulder to shoulder but 6 feet apart.
- No handshakes prior to and following the matches.
- Home coach will cover the ground rules with the visiting coach and then he/she will relay the ground rules to their team

TEAM BENCH AREA

- Home team will number courts 1, 2, 3, etc. and then call players to the courts by number and not have them report to the head table.
- Do not share uniforms, towels, water bottles, and other apparel or match equipment.

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

DECIDING SET PROCEDURES

- A coin or shuttle toss will determine serve/receive.

SHUTTLECOCKS

- The Shuttlecocks should be cleaned and sanitized throughout the contest. Each team brings their own birds to warm up with.
- If possible, have each player hold their own bird with their tip colored to play games so they do not have to touch the same bird as their opponent. When possible sanitize shuttlecocks before, during and after matches.
- Scorekeepers must maintain social distancing of 6 feet and only keep the score for the same court or if they switch courts the scoring numbers must be sanitized.

HEAD TABLE

- Limit to essential personnel, with a recommended 3-6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.

BETWEEN MATCHES AND INTERMISSION BETWEEN PERIODS

- Players and coaches should have their own beverage container that is not shared.
- The time between matches and the intermission between sets may be extended in length for hydration and to sanitize game equipment.

BENCH PERSONNEL

- Persons on the bench should be restricted to players and coaches.
- All coaches, players and other personnel must wear face coverings.
- Team benches may be extended.

POSTGAME

HANDSHAKE LINE

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match. Racquets bumps are okay
- Maintain social distancing when reporting the results of the match

OFFICIALS

PRIOR TO CONTEST & TRAVEL

- Do NOT attempt to travel to or work a game sick.
- Contact the opponents Athletic Director prior to the day of the contest to discuss any logistics and guidelines for that particular school, or district.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

Should the conditions warrant, these recommendations will be adjusted. Any further update will be posted on cifsds.org.